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DOES MY HAND LOOK SWOLLEN?

LAUREEN HARPER STUNG BY BEE IN TORONTO PAGE 8

## What Wonder Women want

New costume revealed at last, but what do the fans think? Catch up on the rest of the Comic-Con goings-on with Metro's roundup PAGE 13

## Jays not too proud to steal a victory after years of defeat

Bautista's sly move earns Toronto its first series win in the Bronx in two years PAGE 20

## Canadians not just happy to be working, survey says

Workers largely satisfied where they are — even the flighty millennials PAGE 18

NEWS WORTH SHARING.

# Peace rally largely peaceful

**Gaza Strip conflict.** Saturday's screaming, tension followed by more subdued Sunday rally at Queen's Park

Fisticuffs may have broken out at a pro-Israel rally for peace at Queen's Park on Sunday, but one teenager visiting from Israel did manage to deliver a message of hope.

As speakers lauded Israel's actions in Gaza, fists started flying after two young men confronted a counter-protester holding a sign depicting the Israeli flag with a swastika instead of the Star of David.

Meir Weinstein, national director of the Jewish Defense League of Canada, which was providing security for the event, confirmed one of his young members was involved but had no further information.

Toby Trompeter, a spokesperson for the "Canadians for Israel, Freedom and Democracy Rally," called the violence "unfortunate."

Organizers had urged the several hundred attendees to not carry provocative signs and to "have a peaceful and positive rally in solidarity with Israel," she said.

No charges were laid, Toronto police later said.

Keren Zeitlin, the 16-year-old visiting from Israel, addressed the crowd, saying that her mother is a doctor in a hospital and treats many Palestinians.

Keren Zeitlin, 16, visiting from Israel, is greeted after her speech on Sunday during a pro-Israel rally at Queen's Park. Her mother is a doctor at a hospital in Israel and treats the wounded from Gaza. More Middle East coverage, pages 6 and 7. STEVE RUSSELL/TORSTAR NEWS SERVICE

"People say we don't care about them; we care about them more than Hamas cares about them," said Zeitlin, her voice wavering. "So, don't (let) the world dare to say that we're killers, that we're not treating the Gazan people fairly."

Other speakers included Progressive Conservative MP John Carmichael (Don Valley West). When Carmichael said he had a letter to rally participants from Prime Minister Stephen Harper, the crowd erupted in cheers and a chant of "Harper, Harper."

Carmichael quoted Harper as saying: "Hamas' indiscriminate attacks on civilians are reprehensible actions which require Israel to defend itself. Canada stands unequivocally behind Israel."

Hamas rockets continued to fly toward Israel on Sunday, while Israel continued strikes on Gaza. Nearing the end of its third week, the conflict has claimed the lives of more than 1,000 Palestinians, 45 Israelis and a Thai worker in Israel.

Separated by barriers from the rally, Yves Engler was heckled and spat upon as he chanted, "Kill more Palestinian children" at the crowd.

Engler, an atheist from B.C. who said he has no ties to the conflict, called the event "a pro-war rally dressed up with lots of talk about peace."

TORSTAR NEWS SERVICE

**Accusations**

**"Don't (let) the world dare to say that we're killers, that we're not treating the Gazan people fairly."**

Keren Zeitlin, a visiting Israeli whose mother treats injured Gazans

A member of the Jewish Defense League of Canada, which was providing security at the event, throws a punch at a pro-Palestinian protester on Sunday. STEVE RUSSELL/TORSTAR NEWS SERVICE

unicef canada

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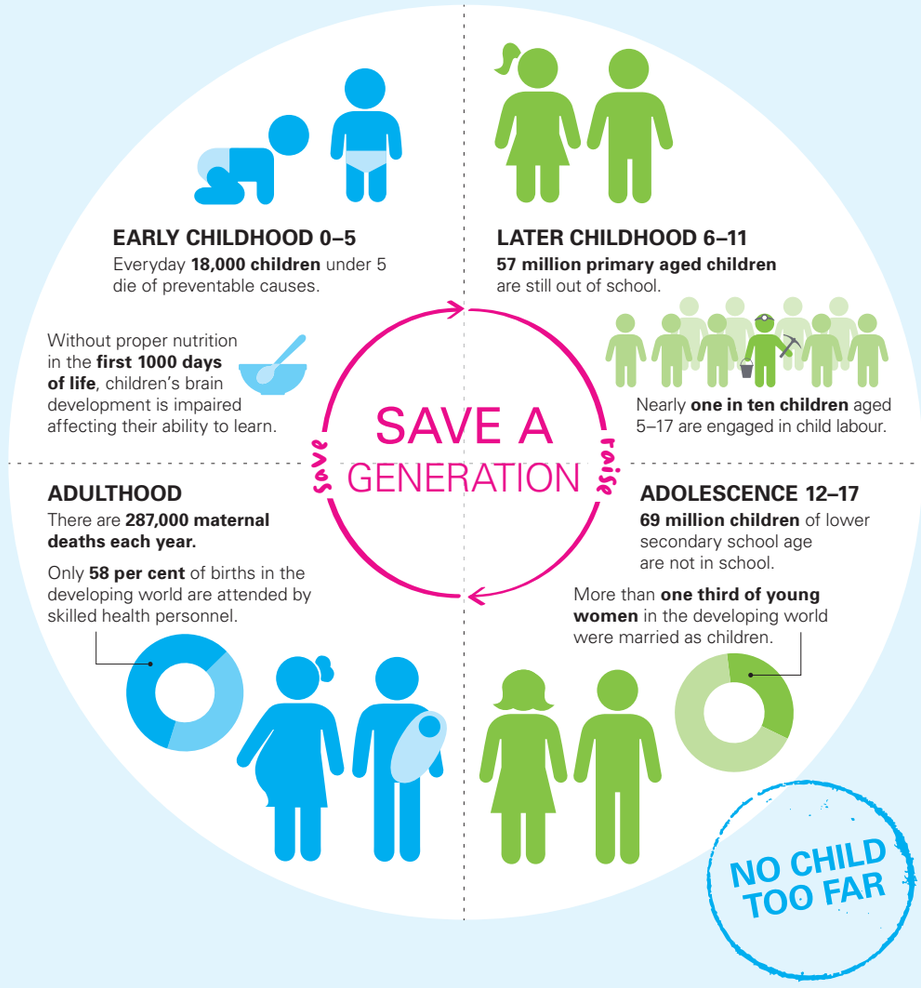
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The Creation of Stories

## Local book fair launches self-publishing awards

Canada's first awards for self-published books will be presented at Inspire! Toronto International Book Fair, an exhibition for print and digital books that launches in November.

The Creation of Stories: Canada's Self-Publishing Awards are open to all Canadians who have produced a book between July 1, 2013, and September 1, 2014, using any self-publishing platform.

"The goal is to create in one place the Canadian and international landscape of books, print, digital and storytelling," says John Calabro, president of Association for Art and Social Change (AASC). The association will do the first round of judging, then a panel of industry professionals will choose the winners.

A $3,000 prize will be given to the winner of each category: books for an adult audience (age 19 plus), young adult (age 12-18) and children (newborn to 11).

The self-publishing business has grown rapidly in recent years, especially with the introduction of new software and the increasing popularity of e-readers.

Canada is one of the fastest-growing self-publishing markets, according to Blurb, an indie-publishing platform that is sponsoring the awards.

TORSTAR NEWS SERVICE

John Calabro CONTRIBUTED

## What — you've never seen a talking bush before?

Philip Hare, right, and Laura DiVilio walk to the ferry terminal dressed as shrubs for the Figment Toronto Festival on Sunday. Their project is called Bush Verite, and as "bushes" they interact with the public in urban settings. Figment Toronto calls on creativity and passion to find "new ways to create, share, think and dream."

STEVE RUSSELL/TORSTAR NEWS SERVICE

# Flashing flying object reported over Toronto

**E.T. phones home?**
Several North York residents called police about a potential UFO in the Yonge and Empress area

Quoted

**"Somebody did see something in the sky, but what it was we don't know."**

**Sgt. Barry White, TPS,** on the several UFO sightings reported to police

Torontonians are looking for answers after several UFO sightings were reported in North York over the weekend.

Sarah Chun, 36, was sitting at the dining room table of her Finch Street apartment Saturday night when she saw six or seven diagonal lights flashing in the sky.

Chun grabbed her iPad and headed outside, where she noticed a second, glowing object.

"It was really high up, and was round, bright, and shining," Chun told Torstar News Service.

Chun says the object "just sat there" for around 25 minutes before "it kind of flew, and then disappeared."

She posted two videos, titled UFO in North York, Toronto. What is this?!? before heading to bed. By Sunday afternoon, one of the clips had nearly 8,000 views.

Toronto Police confirmed they received several UFO reports Saturday night in the area of Yonge and Empress.

"It might have been someone playing with one of those remote control helicopters from one of the condos," said Sgt. Barry White, 32 Division.

The first UFO report came in around 7 p.m., White said. Police officers also saw the lights on their way into work around 10 p.m. White says he is not aware of a protocol for police to follow on UFO sightings.

"If it was something dangerous and we could do something under the criminal code, we might. Police would go try and check it out," he said. "But to actually go and investigate it further as a UFO — I don't think we would. I'm trying not to laugh!"

White confirmed the UFO was not a police drone — although it could have still been a drone.

"A drone is just a remote control. Even one of those little tiny helicopters could be a drone," he said. "What this thing is, we don't know."

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# TTC nixes zoned fares

**Transit.** Distance-based fares would hurt those who travel farthest — and have fewest choices, says official

GO does it. So does York Region Transit. Why doesn't the TTC charge riders according to how far they travel?

Among the suggestions offered up in the Toronto Star's Big Ideas series, is the idea of zoned TTC fares that some readers see as an equitable source of badly needed TTC revenue. The roll-out of the Presto electronic fare card over the next five years makes it more technologically feasible.

But the people who would pay the most would be those who live farthest from downtown. Many of those neighbourhoods have high concentrations of low-income residents and fewer transit choices than other parts of the city, said TTC chief customer officer Chris Upfold.

The TTC is not a for-profit enterprise. It sets fares according to how much money it needs to operate. While it's possible to make money using zones, if the funds are needed, it's simpler and just as fair to do a flat fare increase, said Upfold.

"Our costs aren't really scaled to how far people are travelling," he said. "If I've got a Finch bus out there, whether somebody is travelling one kilometre or 10 kilometres, I've got to run that bus all along Finch to pick people up and take them to where they're going. So my costs do not vary, really, against how far people travel." TORSTAR NEWS SERVICE

**Quoted**

**"Our costs aren't really scaled to how far people are travelling."**

TTC chief customer officer Chris Upfold

## Let's just assume he's playing Spoonman

Soundgarden's charismatic frontman Chris Cornell lets loose at the Molson Canadian Amphitheatre on Sunday during the band's set in support of former rivals Nine Inch Nails. Cornell was joined on the tour's only Canadian stop by riffmeister Kim Thayil and bassist Ben Shepherd, both fellow veterans of the band's '90s heyday, as the once and future top dogs of grunge delivered back-catalogue cuts like Black Hole Sun and Beyond the Wheel. TOM PANDI/FOR METRO

**Election**

## Dozens of mayoral debates ahead

Provincial party leaders debated once during the spring election. The top Toronto mayoral candidates will debate twice.

Twice on Sept. 4, twice on Sept. 15, twice on Sept. 16, twice on Sept. 24, twice on Sept. 30, twice on Oct. 21.

There are three months until the city heads to the polls on Oct. 27. There are 41 debates on the schedule as of now — more than four per week during the home stretch after Labour Day. And the list is still growing.

In provincial politics, the lone debate is organized by a secretive consortium of television networks in concert with campaign operatives. In municipal politics, anybody at all can email out invitations.

Many interest groups do. The candidates, wary of irritating any particular constituency, are more or less obliged to accept.

The most important debates will likely be two TV debates scheduled for October. TORSTAR NEWS SERVICE

# Downtown bike park lures riders into the open

Claudio Serafino rides at Sunnyside Bike Park. AARON HARRIS/TORSTAR NEWS SERVICE

Sandwiched between the Gardiner Expressway and Lakeshore Avenue West, Toronto's newest bike park is an incongruous sight for passing drivers: BMX bikes soar off dirt ramps as cars and trucks rumble past on either side.

Though the grand opening won't take place until September, cyclists are already putting Sunnyside Bike Park's jump lines, pump tracks and wall ride through the paces.

On top of the largest packed dirt mound, which gives a sweeping view of Lake Ontario and the surrounding highway, a group of teenagers are enthusiastic about the new features.

"Awesome," said 15-year-old Caleb Emerson, who rode the GO train in from Oakville to check out the park.

"Beautiful," agreed 13-year-old Nigel Zakss, who came by with his older brother Noah.

"About time," said Terry Leimonis, a 31-year-old Toronto firefighter sitting astride a lime-green BMX bike.

"There's a lot of kids who want to get out and ride their bikes and there's nowhere to do it," said Leimonis.

The city is hoping the new attraction will dissuade riders from building unauthorized dirt jumps in parks and nature areas.

Dave McGowan brought his two sons, 10-year-old Jack and seven-year-old Evan, who are both learning the sport.

"They did a good job," said McGowan.

"It's in a funny spot, but it uses up land that probably couldn't be used for too much else," he said.

Stephanie Robertson, visiting the park with her seven-year-old son Kai, agreed.

"It's nice to see that they didn't slap a condo here," she said. TORSTAR NEWS SERVICE

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Michele Nadeau, president of the Thérèse Casgrain Foundation, holds a replica of a stamp depicting her grandmother Thérèse Casgrain in Montreal, Friday, July 25. GRAHAM HUGHES/THE CANADIAN PRESS

# Government erases award honouring feminist icon

**Thérèse Casgrain.** She became the first female leader of a political party in Canada

The Harper government has spent millions to commemorate the War of 1812 and other episodes from Canadian history, but has also erased at least one inspiring piece of the past.

Thérèse Casgrain, a feminist icon and Quebec heroine who died in 1981, has been quietly removed from a national honour, to be replaced by a volunteer award bearing the prime minister's banner.

The Thérèse Casgrain Volunteer Award was started in 1982 by the Liberal government of Pierre Trudeau.

It honoured Canadian activists such as June Callwood until it was eliminated — unannounced — by the Harper government in 2010.

An image of Casgrain and her namesake volunteer-award medal also disappeared from Canada's $50 bank note in 2012, replaced by the image of an icebreaker on a new currency series.

An image of the so-called Famous Five women was removed from the same bank note.

"It was a very difficult thing for the family to see the award disappear all of a sudden," Michele Nadeau, Casgrain's granddaughter, said in an interview. "It was a great disappointment."

Human Resources and Skills Development Canada, which had administered the Casgrain award, was instructed in 2010 to create a Prime Minister's Volunteer Award in its place, to be handed out in a ceremony each year presided over by Stephen Harper.

Casgrain fought for the right of Quebec women to vote, which they finally won in 1940. She also became the first female leader of a political party in Canada, heading the CCF in Quebec, and was appointed to the Senate in 1970 by Trudeau.

Pierre Nolet, a spokesman for Employment and Social Development Canada, says discussions took place with the Casgrain Foundation and it was decided that Human Resources and Skills Development Canada end the program.

Nadeau, however, says her family and the Montreal-based Thérèse Casgrain Foundation, which she heads, were not consulted

The Casgrain Award was killed once before by the Progressive Conservative government of Brian Mulroney in 1990, but was revived in 2001 by the Chrétien Liberals.

THE CANADIAN PRESS

Cable snaps

## Two hurt on Ohio amusement ride

An Ohio amusement park ride that swings riders up to 125 feet in the air has been closed indefinitely after a cable snapped, injuring two visitors.

Cedar Point spokesman Bryan Edwards says a cable on the Skyhawk ride disconnected at about 10 p.m. Saturday. One guest went to a hospital for evaluation, while the other was treated at the scene.

It wasn't clear whether the two guests had been riding Skyhawk when they were injured or whether they were on the ground. Skyhawk has two giant arms that swing riders at speeds of up to 100 km/h.

Edwards says Skyhawk will remain closed until an investigation into the cause of the accident is completed.

THE ASSOCIATED PRESS

Times Square

## 'Spider-Man' arrested for slugging cop

A man dressed as Spider-Man was arrested on charges he slugged a police officer who told him to stop harassing tourists in Times Square.

Junior Bishop, 25, of Brooklyn, was charged with assaulting an officer, resisting arrest and criminal mischief.

The New York Police Department said the officer assaulted Saturday — one of about 50 officers patrolling the bustling tourist area — stepped in after Bishop demanded at least $5 from a woman he posed for a picture with, instead of the $1 tip she offered.

Police said a costumed Bishop "put out his hand and told the woman 5s, 10s or 20s only." Police said the officer told him he could only accept tips. THE ASSOCIATED PRESS

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Residential schools

## Survivors claim broken bones, hearing loss

The vast majority of claims filed by Indian residential school survivors seeking extra compensation for medical injuries are for hearing loss, respiratory illnesses and broken bones.

The Indian Residential Schools Adjudication Secretariat says just over 1,000 medical assessments completed so far focus primarily on ear, nose and throat ailments, as well as broken bones.

Marie Wilson, commissioner for the Truth and Reconciliation Commission, said lasting injuries are not surprising, given the way residential school students were treated.

"We have had many, many people talk to us about the physicality of the punishment which often was a cuff on the ear or being pulled by the ear or being dragged across the room by the ear," she said. THE CANADIAN PRESS

# Israel, Hamas exchange fire despite truce pledges

**Gaza crisis.** Each side blaming the other for scuttling ceasefire efforts ahead of Muslim holiday marking end of Ramadan

Israel and Hamas launched new attacks Sunday in the raging Gaza war, despite each side offering different truces to temporarily halt nearly three weeks of fighting ahead of a major Muslim holiday.

After initially rejecting an Israeli offer Saturday for a 24-hour truce, Hamas said Sunday it agreed to hold fire ahead of the Eid al-Fitr holiday marking the end of the Muslim fasting month of Ramadan. But as Israel's Cabinet met to discuss the offer and the ongoing war, rockets rained down on southern Israel and Israeli strikes could be heard in Gaza.

A Palestinian doctor treats three-day-old Shaymaa al-Sheikh Ali at Nasser Hospital in the Gaza Strip Sunday. The baby's mother, who was killed by shrapnel from an airstrike, posthumously gave birth by C-section. EYAD BABA/THE ASSOCIATED PRESS

Each side blamed the other for scuttling the efforts.

Hamas said that "due to the lack of commitment" by Israel, it resumed its fire. Israeli Prime Minister Benjamin Netanyahu said that Hamas showed it could not be trusted after it violated other ceasefire efforts.

"Israel is not obliged and is not going to let a terrorist organization decide when it's convenient to fire at our cities, at our people, and when it's not," Netanyahu told Fox News Sunday.

International diplomats had hoped a temporary lull could be expanded into a more sustainable truce to end the bloodshed and UN chief Ban Ki-moon urged the sides on Sunday to accept a 24-hour break in fighting.

The 20-day war has killed more than 1,030 Palestinians, mainly civilians, according to Palestinian health officials. Israel has lost 43 soldiers, while two Israeli civilians and a Thai worker were killed by rocket and mortar attacks from Gaza.

The Palestinian death toll was revised Sunday and an earlier figure dropped by 30 deaths, Gaza health official Ashraf al-Kidra said.

Each side remains far apart on terms for a final ceasefire. Hamas has demanded that a crippling blockade of Gaza be lifted and Israel has asked that Gaza be demilitarized. THE ASSOCIATED PRESS

Warrant Officer Rami Cahlon's brother cries over

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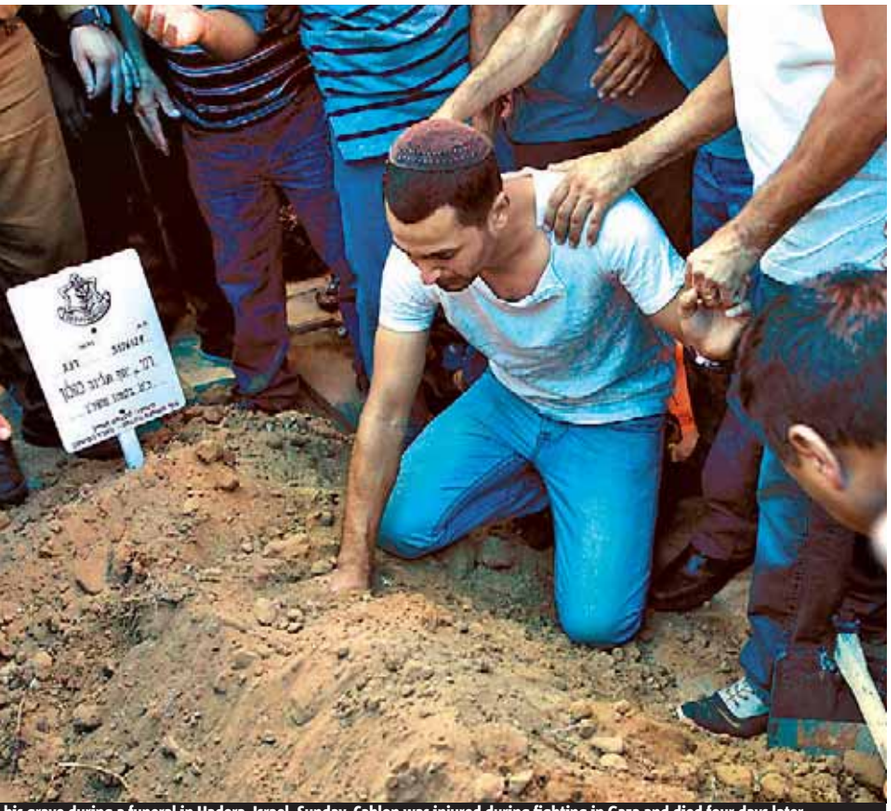

his grave during a funeral in Hadera, Israel, Sunday. Cahlon was injured during fighting in Gaza and died four days later.

# High-risk inmates to test out electronic monitoring device

High-risk offenders in Ontario and Quebec are among the inmates slated to take part in a federal prison service pilot project to test the effectiveness of electronic monitoring devices.

Research data will be collected for at least two years before a decision is taken on further use of the devices, to be worn by offenders completing sentences in the community.

The Canadian Press obtained internal memos about the planned pilot project — which is months behind schedule — under the Access to Information Act.

The government announced plans for the pilot early last year despite opposition from the NDP, which questioned the cost.

In a September 2012 report, a majority of the Commons public safety committee recommended that the Correctional Service look into broader use of monitoring, which usually involves an ankle bracelet that can be electronically tracked from a central facility.

However, the NDP disagreed, saying the government's own witnesses made it clear that the devices are not effective for low-risk offenders.

Only medium- or high-risk male offenders out on statutory release — the final one-third of their sentence — or subject to a long-term supervision order will be eligible to take part in the pilot, says a September 2013 Correctional Service memo to regional deputy commissioners.

The Ontario and Quebec regions were selected because they have the largest number of high-risk offenders with special conditions imposed on their release, adds the memo.

Offenders who agree to participate in the research will be randomly assigned to one of two groups: those fitted with a device, or those without one.

The prison service tested devices from 2008-11, but did not gauge their "effectiveness and efficiency," the memo says.

Legislation passed by the Conservatives gives the prison service authority to demand that an offender who leaves prison on temporary absence, work release, parole, statutory release or long-term supervision wear a monitoring device. THE CANADIAN PRESS

**The bracelets**

**The bracelets can be programmed to send an alert if the offender violates a release condition prohibiting them from being in certain places. Officials see the tool as a means of overcoming the challenges of monitoring offenders who have been ordered to abide by a curfew, or to avoid schools, parks, bars or gang areas.**

- Correctional Service notes say it will examine the cost-effectiveness of electronic monitoring, changes in offender behaviour, staff experiences with the devices and any additional "intended and unintended" consequences.

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Many emergency responders across the country, including police officers and ambulance crews, are fighting for better treatment for post-traumatic stress disorder, or PTSD. ISTOCK

# First responders seek aid for PTSD

**Mental health.** Police, fire and ambulance personnel facing high rate of post-traumatic stress disorder

Alex Forrest clearly remembers what happened to a fellow firefighter who was traumatized by the deaths of two captains in a house fire

It was two months after the Winnipeg blaze in 2007 that killed Tom Nichols and Harold Lessard, and Forrest knew his colleague was having a hard time coping.

"I checked up on him and he had killed himself in a garage, and he was holding the pamphlet from the memorial," Forrest, head of the Winnipeg firefighters union, recalled.

"Many of the firefighters are still suffering the effects of that fire."

Forrest is one of many emergency responders across the country, including police officers and ambulance crews, who are fighting for better treatment for post-traumatic stress disorder, or PTSD.

He says the condition has been around a long time — he remembers early in his career 25 years ago when one firefighter committed suicide — but people are more willing to talk about the issue now.

There have been high-profile cases in recent weeks, including that of Ken Barker, a retired RCMP corporal and dog handler who took his own life. His family told the Winnipeg Free Press that Barker had struggled with PTSD after seeing many horrific crimes over the years, including the 2008 beheading of Tim McLean on a Greyhound bus. THE CANADIAN PRESS

**Suicides**

- Vince Savoia is a former paramedic and advocate who set up the Tema Conter Memorial Trust Fund in honour of a young woman killed in Toronto in 1988.
- He said there have been at least 15 suicides by first responders across Canada since April 28.

# Stinging reception for Laureen Harper

Prime Minister Stephen Harper's wife probably would have preferred a taste of honey but ended up on the business end of a bee sting.

Laureen Harper was taking a look at a bee hive on the rooftop of Toronto's Royal York hotel Sunday, but she and the hotel chef got a bit close and were stung.

The beehive is part of the hotel's effort to provide in-house honey for its restaurant and to help the environment by providing bees to pollinate area gardens and parks.

Video footage on Toronto television station CP 24 appeared to show the chef getting the most attention from the bees.

Laureen Harper didn't appear at all phased by the stinging rebuke handed out by the bees, and for good reason.

The Prime Minister's Office says she is very comfortable around bees as her father raised bees on the family farm.

There was no word on how many stings she received. THE CANADIAN PRESS

# D.C.'s gun ban is unconstitutional, federal judge says

**Landmark decision.** Judge Frederick J. Scullin ruled that firearm ban in Washington, D.C., violates citizens' Second Amendment rights

A federal judge struck down the U.S. capital's ban on carrying guns outside of a person's home, concluding it violates constitutional rights.

The ruling from U.S. District Judge Frederick J. Scullin is the latest in a protracted fight over gun laws in Washington, D.C.

In 2008, the U.S. Supreme Court issued a landmark decision striking down the city's 32-year-old ban on handguns.

In a decision made public Saturday, Scullin concluded the Second Amendment gives people the right to carry a gun outside the home for self-defence, citing two U.S. Supreme Court cases as important to his ruling — the 2008 opinion striking down the District of Columbia's ban and a 2010 ruling involving Chicago's handgun ban. The Second Amendment of the U.S. Constitution guarantees the right "to keep and bear Arms."

The city rewrote its rules after the 2008 Supreme Court decision. Residents were required to register their guns and keep them in their homes. Gun owners also have to take a safety class, be photographed and fingerprinted, and re-register their weapons every three years.

Those requirements were challenged in court but upheld by a federal judge in May.

The lawsuit before Scullin was filed in 2009 by the Washington state-based Second Amendment Foundation and three District of Columbia residents and a New Hampshire resident who said they wanted to carry guns for protection. THE ASSOCIATED PRESS

**No basis for ban**

**"There is no longer any basis on which this court can conclude that D.C.'s total ban on the public carrying of ready-to-use handguns outside the home is constitutional."**
Frederick J. Scullin, U.S. district judge

## German mudders get down and dirty

Participants compete at the Tough Mudder event in Klettwitz, Germany, on Sunday. Tough Mudder is a 16- to 20-kilometre obstacle course that tests strength, stamina, teamwork and mental strength. JENS MEYER/THE ASSOCIATED PRESS

# You can buy N.H. booze, D.C.

New Hampshire is assuring residents of the nation's capital that they can purchase alcohol in the state despite a law that suggests otherwise. But cigarettes? Maybe not.

The New Hampshire Liquor Commission recently told retailers they should accept Washington, D.C., driver's licences when determining a buyer's age, even though state law does not explicitly include them and instead refers to licences from "another state" or Canada.

The issue came up this month when a Concord store clerk refused to sell alcohol to a 25-year-old Washington, D.C., man. The incident, prompted Executive Councilor Colin Van Ostern to approach the commission.

"New Hampshire depends more on tourism, liquor sales and democracy than probably any other state, so anything that threatens the combination of those certainly raises red flags for me," he said. "Even if it's only been a few instances, I think it's a bad message to send."

It's unclear if any other laws might snub Washington residents, but New Hampshire's tobacco laws contain the same language. THE ASSOCIATED PRESS

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# Ukrainian, pro-Russian forces fight over site

**Ongoing hostilities.** Ukrainian military attempts to wrest control of crash location of Malaysian aircraft from pro-Russian supporters

Ukrainian armed forces mounted an onslaught against pro-Russian separatist fighters Sunday in an attempt to gain control over the area where a Malaysia Airlines plane was downed earlier this month.

The U.S. State Department, meanwhile, released satellite images that it says back up claims that rockets were fired from Russia into eastern Ukraine

A four-page document released by the State Department seems to show blast marks from where rockets were launched and craters where they landed. Officials said the images, sourced from the U.S. Director of National Intelligence, show heavy weapons fired between July 21 and July 26 — after the July 17 downing of Malaysia Airlines Flight 17.

Escalating unrest in eastern Ukraine has prompted a contingent of Dutch and Australian police officers to postpone an excursion to the site to search for evidence and any remaining bodies.

With no way to secure the crash site, Netherlands Prime Minister Mark Rutte said his government will not deploy armed troops without a way to achieve "military superiority."

"The option we looked at was a military option in which you could secure the area," Rutte said. "This option would be such a provocation to the separatists that it could destabilize the situation."

THE ASSOCIATED PRESS

**Quoted**

**"The option would be such a provocation to the separatists that it could destabilize the situation."**

Netherlands Prime Minister Mark Rutte

## Tugboats tow cruise ship back to harbour

The wreck of the Costa Concordia cruise ship was towed back to the Italian port of Genoa on Sunday. The luxury liner struck a reef when the ship's captain sailed too close to Giglio Island near Tuscany's coast in January 2012. With the wreckage recovered it's hoped search teams will be able to uncover the remains of an Indian waiter, the only body not found during search and rescue efforts. ANTONIO CALANNI/THEASSOCIATED PRESS


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**UN recovers black boxes.**

## Mali authorities intend to deliver them to France

Black boxes from the Air Algerie plane that crashed in northern Mali last week will be transferred to France for analysis, the French embassy in Mali said Sunday.

U.N. peacekeepers located the second black box on Saturday amid the wreckage of the plane that took off from Ouagadougou, Burkina Faso, towards Algiers, Algeria when it crashed early Thursday in northern Mali.

The crash killed 118 people, 54 of whom were French.

"The two black boxes from the plane will be transferred from Gao to Bamako and then the Malian authorities will give them to French gendarmes experts so they can be taken to Paris," said Didier Nourrison, a French embassy spokesman

French authorities say extreme bad weather was the likely cause of the crash but aren't ruling out other possibilities.

French President Francois Hollande said Saturday that he wants the remains of all passengers on the Air Algerie plane to be brought to France. He also said data from the two black boxes must be analyzed as quickly as possible.

THE ASSOCIATED PRESS

The site of the Air Algerie wreckage in Mali. BABA AHMED/THE ASSOCIATED PRESS

**Casualties mounting**

### Rival militia clash leaves 38 dead

Heavy clashes between Libyan soldiers loyal to a renegade general and Islamist-led militias killed 38 people, health officials said Sunday, as fighting between rival militias around the capital's international airport raged on and European nations warned their citizens to leave.

The fighting has killed dozens of people and forced residents to flee. Associated Press video of clashes Saturday showed a jet airplane burning and heavy smoke rising over it, as militiamen fired rockets and heavy machine-guns.

THE ASSOCIATED PRESS

**B.C. plane crash**

### Two dead in Nanaimo crash

Two people have been killed in a small plane crash near Nanaimo on Vancouver Island.

Transportation Safety Board spokesman Bill Yearwood says the plane, an "amateur built" Avid amphibious aircraft, crashed on takeoff from the Nanaimo Airport.

THE CANADIAN PRESS

# Singin' the (financial) summertime blues

HOW TO ROLL
Alison Griffiths
metronews.ca

Oh those summertime blues! There's something about being halfway through the sunny season that makes us sag. All those warm weather projects you dreamed up in rainy April are on the shelf. Here are four financial boo-hoos for July.

**1. Employment**
The jobless rate hit 7.1 per cent, putting us on par with the United States. However, our neighbours to the south saw a year-over-year decline of 1.4 per cent in the unemployment rate.

Worse, the student unemployment rate is 12 per cent, unhealthily high for all those hoping to finish post-secondary studies without a mammoth student debt.

Even worse, youth unemployment (for those under 25 and not in school) is stuck at 13.4 per cent. That's bad news for parents hoping to use their basements for something other than storing their jobless offspring.

**Just the stats**

**$36**

A basic, light-use cellphone plan cost $31 in 2013 in Canada. Today's cost: $36 (not including taxes, access fees, etc.).
Source: The Wall Report

**2. The economy**
Growing at a snail's pace, in short. On an annualized basis, growth as defined by GDP (gross domestic product) in July was a meagre two per cent. For the likes of you and me, that means continued high unemployment particularly among the under-35 crowd. But as the economy slumps, prices do not. Inflation topped 2.4 per cent in July, again on an annualized basis. How unfair!

**3. Interest rates**
While some will cheer four years and counting with the prime rate firmly rooted at a historically low three per cent, I will play the Gloomy Gus. Ultra-low rates are actually keeping first-time buyers out of the market as real estate prices nationally keep rising in most major markets.

Also, low rates are a killer for seniors and fixed-income investors. Desperate for income, many are turning to stocks and equity mutual funds to boost their returns. This is a terrible idea because such investments are far riskier.

**4. Cellphone hit**
Yay! Cellphone contracts are now capped at two years. Boo! In response, the wireless cabal is increasing basic rates. I call that giving with one hand and taking with the other.

## 'Dumpcano,' and the budget fight to quench it, rages on

A stubborn dump fire smoulders away in Iqaluit, Nunavut, in this aerial view taken by fire officials on May 23. Although no flames are visible, the fire began May 20 and has been smouldering ever since. Government officials are to meet this week to consider a plan for putting out the fire that has been fouling the air in Nunavut's capital for more than two months. The city of Iqaluit just doesn't have the $2.2 million it would take to quench the blaze and its nostril-searing smoke, said fire chief Luc Grandmaison. "We're asking them (the territory) to help us with resources." The fire has been dubbed the "dumpcano" — a term Grandmaison regrets having coined, because he feels it belittles the seriousness of the situation.
IQALUIT FIRE DEPARTMENT/ THE CANADIAN PRESS

## Loblaw. Selling green goods for 25 years brings in the green for grocery giant

When Loblaw decided to start selling environment-friendly products 25 years ago, the word green had barely evolved from being a colour description.

The grocery giant was the first major Canadian retailer to showcase a line of green-branded products and wasn't completely confident customers would be willing to pay more to save the planet.

Even the man spearheading the initiative, folksy pitchman Dave Nichol, wouldn't have considered himself a bona fide tree hugger.

"Dave used to ask me why I was wasting my bloody time ... trying to save the bloody planet," said Paul Uys, who worked with Nichol — who died last year at age 73 — to launch President's Choice G.R.E.E.N in June 1989.

"But right from the get-go, he had believed that the market, therefore the consumer, was ready for a game change in terms of having the ability to make a difference."

Nathalie St-Pierre, with the Retail Council of Canada, said the appetite for eco-friendly products has grown in the last few decades, with consumers now demanding choices that can lessen their impact on the earth.

**1989**

Loblaw launched a line of green-branded products, President's Choice G.R.E.E.N., in June 1989.

"Consumers are concerned," said St-Pierre, the group's vice-president for sustainability in Quebec. "They want to buy green."

Consumers are also taking on a more holistic view about what it means to be green. For instance, some consumers see buying local or organic food and items with less packaging as another way to help the planet.

Even though consumers may still want to shop green, they also expect retailers to be able to provide products at comparable prices to competing non-green brands.
THE CANADIAN PRESS

## Ontario. Electrification of cars could be zapped by vast number of utilities

Ontario's overabundance of utility firms may pose a major roadblock to the province's plan to boost electric car ownership, some experts say.

The experts say Ontario's 75 independently operated utilities often overlap their efforts and breed inefficiency, holding back upgrades needed so the grid can support what the province expects will be an influx of electric cars in the next few years.

"A lot of work needs to be done if Ontario is going to move toward infrastructure to support electrification of vehicles," said Hossam Gaber, an energy professor at the University of Ontario Institute of Technology.

"Having co-ordination is important to avoid waste of time, waste of resources and, also, making sure we are not lacking or losing something important."

Plug'n Drive, a non-profit organization dedicated to promoting the move to electric cars, said about 2,500 of the province's approximately seven million cars are electric — less than half a per cent.

The province said in 2009 it aims for one in 20 cars to be electric by 2020 — at least 380,000, based on current figures. THE CANADIAN PRESS

A power cable runs from an electrical outlet to recharge an electric vehicle in downtown Vancouver in 2010. JONATHAN HAYWARD/THE CANADIAN PRESS

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# SOKNACKI MAYBE NOT SO WACKY

URBAN COMPASS

**Matt Elliott**
toronto@metronews.ca

With less than 100 days to go before we choose our mayor and recent polls showing him capturing just 5 per cent of the vote, it'd be real easy to write off David Soknacki.

But we shouldn't.

Because ever since he entered the race in January, Soknacki has been running exactly the kind of campaign we should demand from everyone who seeks political office. To write him off would be to write off his style of politics. And I'm not willing to do that.

Soknacki's campaign is decidedly not a campaign based on celebrity. It's not based on handing out free burgers in parks. It's not based on name recognition or political dynasties or which candidate appeared in Sharknado 2.

It's a campaign based on ideas.

Without the name recognition of his opponents, Soknacki has defined himself mostly through a stream of policy papers. They're dense, honest and generally pretty geeky. And while I don't agree with everything he proposes, I like that he's making clear-cut proposals and backing them up with facts and logic — and then standing behind them.

Last week, Soknacki released the second part of his plan to fight gridlock. Very little of it can be boiled down to a slogan, except for maybe what his campaign nerdtastically calls its prime directive: "Politicians should never interfere with the construction of new transit routes that are already designed, engineered and funded."

That means going forward with the Scarborough LRT, which is still bound by a signed master agreement and can provide the needed capacity at subway speeds without the Scarborough subway tax endorsed by Rob Ford, John Tory and Karen Stintz. Beyond that, the policy paper talks of meeting accessibility goals, instituting one transportation committee at city hall to oversee all aspects of traffic, transit and active transportation, and creating an automation policy to allow for automated transit service. Most significantly, it clearly lays out his support for the relief line subway and doesn't play games with the question of how to fund it. Soknacki promises to "table a plan to finance Toronto's share of Phase 1 construction costs with a conventional mix of debt and property taxes." But he also bravely says he'd be open to new transit taxes — those contentious "revenue tools" we debated last year — if the provincial government wants to play ball.

A cynical person would probably tell you that the Soknacki approach can't work. That voters won't take the time to read through nine-page policy documents and consider reasonable arguments for what it takes to build transit. That voters really just want the slogans and the platitudes. But I'm not ready to believe that. Not yet. There's still room in this mayoral race for someone with big ideas. There's still room for David Soknacki.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

## LOOKS PEATY FUN

metro AR

**Stephen McDonagh takes part in the Irish Bog Snorkelling championship at Peatlands Park Sunday in Dungannon, Northern Ireland. Held on International Bog Day, the annual event sees male and female competitors swim the 60-metre length of the bog as scores of spectators watch.**

ALL PHOTOS CHARLES MCQUILLAN/GETTY IMAGES

### Get bogged down in the facts

**In bog snorkelling, competitors complete two consecutive lengths of a water-filled trench, cut through a peat bog, in the shortest time possible. Competitors must wear snorkels and flippers, and complete the course without using conventional swimming strokes, relying on flipper power alone.**

- The activity started in 1976 near Llanwrtyd Wells, Wales, U.K.
- It began as a result of an over-the-bar conversation in a bar between a few regulars.
- The World Bog Snorkelling Championship, first held in 1985, takes place annually every August Bank Holiday at the dense Waen Rhydd peat bog, near Llanwrtyd Wells in mid-Wales.

SOURCE: WIKIPEDIA

### For the win

## 1 min 23.13 seconds

The current world record holder in bog snorkelling, Dineka Maguire, set a time of 1 minute 23.13 seconds, at a speed of 4.75 kilometres an hour.

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### MetroTube

## If this ain't puppy love, it doesn't exist

ANDREW FIFIELD
andrew.fifield@metronews.ca

**Aside from rare talents such as Grumpy Cat or Maru, most of our pets don't really contribute much to the household aside from good looks, amusing antics and maximum love.**

**But that's cool, pets. We know the arrangement. You can't all be Grumpy Cat.**

**But you *can* be more like Casey the Schnauzer here, who loses her damned mind when owner Rebecca Ehalt returns home after a two-year absence. Actually, she sort of loses her body, as well. (Rebecca Ehalt/YouTube)**

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Analysis

## *What you missed at Comic-Con*

Wonder Woman CONTRIBUTED

**1. The big surprise? No surprises.**
This was the apparently the year of studios keeping things to themselves. No big casting revelations like Doctor Strange or Captain Marvel, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

**2. Wonder Woman**
While it wasn't really a surprise, it was nice of Zack Snyder to unveil the first image of Gal Gidot as Wonder Woman in the upcoming Batman v. Superman: Dawn of Justice. And of course that immediately led to hours of debate online about whether the costume was the best thing ever or the worst thing ever.

**3. Bring on Last of Us**
OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian Last of Us, is making the jump to the big screen thanks to director Sam Raimi (Spider-Man, Drag Me to Hell).

**4. TV takes over**
This Comic-Con was pretty lacklustre as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of Game of Thrones, the Walking Dead and Hannibal. Who needs to go to the multiplex, anyway?

**5. The Walking Dead BBQ of questionable taste**
As far as promotional events go, inviting fans to a barbecue on a replica set from your hit series is a great idea — except when, like with the new season of The Walking Dead, the setting in question is rumoured to be run by cannibals. It left a bad taste in my mouth. NED EHRBAR/MWN

# Welcome to the best day party at Comic-Con

**Wired Café.** Metro sits down with Wired's publisher to learn what happens behind that velvet rope

NED EHRBAR
Metro World News in Hollywood

For six years running, Wired magazine has been giving media and entertainment professionals a respite from the insanity of Comic-Con with the Wired Café, an all-day lounge just removed enough from the Convention Center and packed with food, drink and gadgets galore. And in that time it's become one of the hotter tickets in town. We talked to Wired Publisher Howard Mittman about keeping the Café fresh.

### Establishing yourself at Comic-Con

"We really thought long and hard about how to package and position ourselves here and whether or not we felt like we had the permission with our brand to be here and what we can contribute," Mittman says of the early days. "So noticing that everyone else was shouting over themselves at night, creating something of value and importance during the day to court those people who are all getting the exact same invitations after dark was a really nice way for us to stand out."

### Giving the people what they want

"For us, the Wired Café has been an oasis in the middle of Comic-Con for what I like to say is the Five Percenters — the five per cent of people here who aren't just fans but are the industry that propagates this, be it Hollywood or bloggers," he says. "I think a part of this experience is bringing just enough of what happens outside of our four walls in without allowing too much. I think also the level of exclusivity that it brings — intentionally putting a velvet rope up around it and making it so that it is some place where only those whom we've invited can come in — keeps it special and keeps it something that has a bit of a gravitas above the traditional event here."

Actor Pedro Pascal who plays Oberyn Martell on Game of Thrones, attends the WIRED Café at Comic Con in San Diego last week. GETTY IMAGES

**AUGMENTED REALITY**

→ It was a dark season on Game of Thrones, but that didn't prevent the cast from flubbing some of their lines. Scan this photo with your Metro News app to see some season 4 bloopers!

metro AR → See the full instructions on Metro's Voices page.

### Establishing a reputation

"What we have seen over the last handful of years is that obviously as it gains in notoriety and gains in exposure and popularity, like anything it becomes easier to push out," Mittman says. "We've seen a huge shift, frankly, in the way that celebrities and more specifically their management teams and P.R. representatives are seeking us out to make sure they are on the list to be here, and that's a really nice change from six years ago when we launched it and we were trying to lure people."

### Dealing with imitators

"Look, we didn't invent the party, right? We weren't the first people to throw a party during the day, but I think we were the first brand that has the ability to combine the sort of power and access of Hollywood and entertainment with the thought-leading ... "

## Preview. Video game fans get movie trailer treat

The first trailer for Hitman: Agent 47 was unloaded at Comic-Con. Footage from the video game adaption starring Homeland co-star Rupert Friend as a genetically engineered assassin debuted Friday at the pop-culture convention. Friend wasn't present to show off the trailer because he's shooting the next season of Homeland in South Africa, but his Agent 47 co-stars Hannah Ware and Zachary Quinto were on hand for the San Diego unveiling.
THE ASSOCIATED PRESS

Zachary Quinto.
GETTY IMAGES

Announcement

## Comics get TV treatment this year

Four DC comics brought to life for television took over the San Diego Convention Center's 6,500 seat Hall H at Comic-Con on Saturday night.

Gotham premieres on FOX on Sept. 22, The Flash debuts Oct. 7 on The CW, Arrow returns to The CW on Oct. 8 and Constantine comes to NBC on Oct. 24.
THE ASSOCIATED PRESS

Missing out

## Marvel's main man misses Comic-Con

Stan Lee was missing in action at Comic-Con. A spokesman for the 91-year-old co-creator of superheroes such as The Avengers, X-Men and Spider-Man says Lee lost his voice because of laryngitis. The former Marvel Comics editor-in-chief has been a constant presence at San Diego Comic-Con since the convention launched in the 1970s. THE ASSOCIATED PRESS

SCENE

Ebooks

## And the Mountains Echoed

By. Khaled Hosseini

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Travelling from one likeable character to another, Hosseini poignantly charts a series of reprehensible events across the globe and down through family generations. A companion website, EchoProject.ca, matches the book's pages to interactive illustrations, videos, and maps made by fans that reveal the resonant themes of his story without feeling like a gimmick or taking away from its emotive spell.

Box office

Scarlett Johansson in Lucy. CONTRIBUTED

## Lucy leads movie weekend draw

Luc Besson's Lucy proved mind can overpower muscle, topping a remake of Hercules by director Brett Ratner at the box office on the weekend. According to studio estimates Sunday, the Universal Pictures-released movie starring Scarlett Johansson as an accidental psychokinetic took in $44 million in North American movie theatres over the weekend. Hercules, starring Dwayne "The Rock" Johnson brought down an estimated $29 million. THE ASSOCIATED PRESS

# Less campy gore in store for Hemlock Grove Season 2

**Layers peeled back.** Supernatural tropes give way to getting under the skin of series' vampire and werewolf

Bill Skarsgard, left, and Famke Janssen in a scene from Hemlock Grove. STEVE WILKIE/NETFLIX/HANDOUT/THE CANADIAN PRESS

Netflix series Hemlock Grove is shying away in its second season from the campy lore it introduced in its first season but continues to deliver plenty of gore — as shows about werewolves and vampires tend to do.

Chunks of flesh and streams of blood won't surprise audiences familiar with Eli Roth's work — the Hostel series filmmaker brought the Brian McGreevy novel of the same name to life as a show last year. The quality of visual effects earned the series an Emmy nod for its first season, including those in the particularly horrific scene in the finale when, in a fit of rage, rich teenaged brat Roman Godfrey (Bill Skarsgard) tears off his mother Olivia's tongue with his teeth and spits the bloodied flesh out onto the floor beside her.

"I fast-forward through those parts," Famke Janssen, who plays the mysterious matriarch Olivia, said with a laugh during an interview at Toronto's Shangri-La Hotel.

Janssen, known for her roles in Nip/Tuck and as Jean Grey in the X-Men series, describes her character as not just manipulative, but "diabolical."

"Olivia is very unlike from anyone else I've played," said Janssen. "She's challenging in a way where you're giving emotions to a character where you never truly know whether she's putting them on to achieve something or if she really means it."

The show, shot in Toronto and set in a former Pennsylvania steel town, follows the grisly murders of teenage girls, which leads to an unlikely bromance between Roman and Peter Rumancek, the new kid in town who also happens to be a werewolf, played by Canadian Landon Liboiron. The pair teams up to find the creature perpetrating the crimes, a journey that doesn't end well for any of the characters.

The trauma Olivia endures at the end of the first season is both physical and emotional — her teenage daughter Shelley has gone missing after being blamed for the murders, her close relationship with Roman is severed after she tells him he's a vampire, and his vicious response to this revelation leads to Olivia being hauled away in a body bag. Her rebirth in Season 2 is in the hands of the mad doctor Johann Pryce (Joel de la Fuente) at the ethically questionable Godfrey Institute for Biomedical Technologies.

"She's not in the best shape that we've seen her in, but she has a way of crawling out of anything and everything — she's a survivor," said Janssen.

Her crippled state transforms her, evoking unfamiliar emotions in Olivia.

"I like the whole vulnerability aspect we brought to her this season because that's more who I am," said Janssen. "I am not an evil, manipulative character by nature so those are the parts that are a little bit more challenging but certainly fun."

After the first season answers the question "What are you?" — which both the audience and Olivia's late husband ask in a flashback — the show takes a turn away from mythology.

"This season was about exfoliating the characters more, peeling back the layers of the onion to see what was underneath," said Charles (Chic) Eglee, the series' new showrunner.

Despite describing elements of the show as "horrific," Eglee said he doesn't classify Hemlock Grove as a horror show, adding he isn't familiar with horror or the tropes used in the genre.

This may prove to benefit the show since its first season received lukewarm critical reviews partly because of its reliance on tropes, including "serving up the predictable chorus line of pretty girls to be disembowelled for your viewing pleasure," as Los Angeles Times television critic Mary McNamara wrote.

This season's plot follows a string of murders made to look like accidents that Peter is determined to solve, trying to enlist Roman's help. Both are also entangled in family struggles — Peter is trying to get his mother Lynda (Lili Taylor) out of prison while Roman deals with his mother's attempts at reconciliation. THE CANADIAN PRESS

Now streaming

**All 13 episodes of Season 2 of Hemlock Grove are now streaming on Netflix.**

## Sons of Anarchy. Rage to fuel the end of SAMCRO

The ending for Sons of Anarchy still hasn't been fully mapped out but the biker drama's final season is set to be just as bloody and explosive as fans would expect, says creator Kurt Sutter.

While at the Television Critics Association's press tour in Beverly Hills, Calif., Sutter revealed a few details about how the show's seventh season is shaping up. He says the last season probably won't feel any different than the preceding six, even though it's wrapping the story for SAMCRO.

"I didn't want it to feel like 'the final season,' or to have it feel different," Sutter said. "I really want it to feel like another season from Sons, only that when we're done there's probably not a whole lot more story to tell."

Entertainment Weekly reports that star Charlie Hunnam also said the season will kick off with his character Jax enraged and seeking revenge for the shocking murder that ended season 6. "He knows what he wants to do, and that's where all his energy is going. He can't get away from the fact that the love of his life has been taken from him." THE CANADIAN PRESS

Charlie Hunnam GETTY IMAGES

Season 4

## Homeland says bye to Brodys and hello to Pakistan

The next season of Homeland is just around the corner and that show's creators say they're ready to leave the Brodys behind. That's welcome news to the many fans who loved to hate the whole Brody clan. The new season sees Carrie (played by Claire Danes) accepting a promotion and moving to Pakistan. Season 4 of Homeland kicks off on Oct. 5. THE CANADIAN PRESS

Nerdy sitcom

## Big Bang ups Penny's ante for seismic shift

Ongoing contract negotiations are threatening the start of the new season of The Big Bang Theory but show creator Chuck Lorre isn't worried. He's eagerly talking about where the nerdy comedy is going in its eighth season, with big changes ahead for Penny, played by Kaley Cuoco. "She's going to start making some money, which will unbalance (her relationship with Leonard) as the power shifts." THE CANADIAN PRESS

Kristen Stewart ALL PHOTOS GETTY IMAGES

# Director finalizes split from wife after Stewart affair

Two years after Rupert Sanders' affair with his Snow White and the Huntsman star, Kristen Stewart, the British director's marriage to model Liberty Ross is over. The pair finalized their divorce last week, citing irreconcilable differences, according to TMZ. Court documents show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 per cent of any profits from any of Sanders' movies, half of all their liquid assets, $300,000 a year in spousal support and joint custody of their children, Skyla, 10, and Tennyson, 8.

Charlize Theron

# Theron's new gold ring hints at Penn engagement

Charlize Theron fuelled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a telltale ring on her ring finger. Theron flashed the sparkling piece of jewelry while passing through LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for $4,900. — so maybe it's not an engagement ring after all, since we'd like to think Penn would go for something a bit more lavish.

The Word

## *Pink puppy pic ends rumours of Miley's death*

STARGAZING
Malene Arpe
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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**Fans feared that Miley Cyrus had died after she failed to post anything on social media for three whole days.** Fortunately, she finally resurfaced and posted a picture of a pink puppy wearing a hat made of feathers, eating a bag of weed while sticking its tongue out at old people.

**This week in couples who are probably only in it for the publicity.** 1) Ian Somerhalder and Nikki Reed are photographed canoodling at a farmers' market. 2) Sofia Vergara and Joe Manganiello are photographed strolling hand-in-hand. 3) Zac Efron is seen leaving Michelle Rodriguez's house in the morning with an overnight bag and a skateboard. 4) Wait. What did they use the skateboard for? We may have to re-categorize the relationship as "possibly real."

**Brody Jenner says he didn't go to step-sister Kim Kardashian's wedding because he doesn't know Kanye West "at all."** As excuses go, it's somewhat better than, "I accidentally got stuck in a lot of rhubarb," but not as good as, "I was kidnapped by a duo of utterly incompetent female criminals and forced to dance for pennies in an unpopulated area."

**Brad Pitt and Angelina Jolie's first film together since Mr. & Mrs. Smith will be called By The Sea.** It's the tale of a fisherman and his wife who are so hot and into each other that they forget to fish and die of hunger.

**Things we don't want to hear any more about.** 1) The super-creepy Trivago guy. 2) Sandra Bullock starring in a biopic about Brownie Wise, the creator of the Tupperware party. 3) Adam Levine's wedding. 4) Prince George and that stupid butterfly. 5) How Beatle George Harrison's memorial Los Angeles tree was eaten by ... wait for it ... beetles.

Chris Martin

# Gwyneth, Chris Martin still in love

Chris Martin is really terrible at this whole splitting up with your wife thing. The Coldplay frontman caved during a recent interview and talked about his separation from Gwyneth Paltrow, and he couldn't stop himself from being really nice. "The thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me, too, Chris.

# Mushrooms are OK, but no chemicals

Susan Sarandon got candid about drugs during an interview with the Daily Beast: "I'm not new to the idea of mushrooms," she admits. "I don't really like chemical things, really. Timothy Leary was a friend of mine, so that acid was nice and pure, but I'm not really looking for chemicals, and I don't like to feel speedy. But I've done Ayahuasca and I've done mushrooms and things like that. But I like those drugs in the outdoors — I'm not a city-tripper."

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LIFE

# Stop spending, start saving

**Stash that cash, now.** The sooner you start saving, the easier it is to grow your nest egg

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Tucking away those dollars now will pay off big-time down the road. ISTOCK

Folks always think they're going to have plenty of time to save ... later. There are so many other demands, from student loans still dogging our steps to mortgages recently acquired. It's easy to push savings to the back burner. But when you ask 40- and 50-year-olds what they would have done differently with their money, they say, "I would have started saving earlier."

We love to pay lip service to how important it is to save. And we all know that getting our debt paid off should be a priority. So why do we delay taking steps to making savings and debt repayment happen? Perhaps it's because we haven't made the things we say are important into things urgent enough to do something about.

If you start saving in your early 20s, you need only put away about six per cent of your take-home pay to end up with enough to maintain the lifestyle you enjoyed before you retired. Wait until you're in your 30s to start and you must stash 10 per cent. Procrastinate until you're in your 40s and you'll have to sock away 18 per cent of your after-tax income to have what you'll need.

So would you rather save six per cent of your cash flow over your working life or have to come up with 18 per cent just as your kids are heading into university?

Saving doesn't mean ignoring your debt. If you're carrying a balance on your credit card or line of credit, getting it paid off must be a priority. But, as long as you are "not saving," you will find it too easy to continue not saving. Creating an automatic savings program with as little as $25 a month will put momentum on your side. It also puts time on your side so you won't have to take as much out of your cash flow to have what you need later.

If you let spending get in the way of savings and debt repayment, you'll get to the end wondering where all the money went. Paying down your debt or ramping up your savings may not be as sexy as a sunny vacation, but the benefits will last longer. And it doesn't take a lot to make a big difference. Add an extra $100 to your monthly payment on your $250,000 30-year mortgage at 4.5 per cent and you'll knock almost $33,000 off your interest costs over the life of your mortgage. You'll also get to mortgage-free four years faster.

People come up with all kinds of excuses for delaying their debt repayment or not setting aside any money for the future. Usually it's because we just don't want to stop doing what we're doing. From the small expenses like that smartphone's data plan, to buying $5 cups of coffee or dropping the odd $40 on takeout, we find it far easier to keep doing what we've always done. In the moment, consumption feels more urgent than the need to save or pay down debt.

Your spending habits are all distractions from savings and debt repayment.

Eliminate a bad habit or three, forgo an indulgence, eliminate a bill or cut an essential cost back and you'll have some money to throw at your debt. Round up, accelerate, prepay and you'll be able to say, "I'm mortgage free" that much sooner.

Choosing to prioritize mortgage repayment or paying off that line of credit over consumption of something new, sparkly or luscious can feel like settling for salad when you're in a gourmet restaurant. But being disciplined enough to put your financial security above your need to scratch your consumption itch is what being responsible is all about.

The last thing you want to do is head into retirement still owing money. Mortgage pay-down and saving for the future won't be sexy unless we make them sexy.

Calculate what you're saving in both interest and time by getting to mortgage-free faster and post it where you can remind yourself of your goal. Track what you're accumulating in savings as you go and you'll have the satisfaction of knowing you're ready to retire because you can see the results of your hard work.

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**Get serious!**

**If you're serious about savings and debt repayment, here's what you'll do:**

1. Set a goal. Decide how much you want to have saved and by when. Or create a debt repayment plan with an end-date for your debt. Write it down and post it on your fridge, on your office wall and on your bathroom mirror.
2. Go over your spending and decide what you're going to stop spending money on so you have the money to save or pay down the debt.
3. Do it.
4. Track your success and reward yourself for each milestone you hit.

## Turn it off. Kids learn and play better without TV on

Researchers at the University of Iowa say children's social and emotional development is enhanced in the absence of a television playing in the background while they're doing something else, like playing a game or interacting with friends and family. They also found that educational television increased executive function. As for background TV, they found that it can divert a child's attention from play and learning. The study was published in the Journal of Developmental and Behavioral Pediatrics. AFP

Kids not watching? Turn TV off. ISTOCK

**Weight survey**

## Heavy kids who see weight as normal a concern

Nearly a third of children in a U.S. Centers for Disease Control and Prevention survey didn't have an accurate idea of their own weight — most of them heavy or obese children who viewed themselves as normal. Experts say the findings are a reason for concern because obese children who settle into an unhealthy physique face diabetes and other health problems later in life. THE ASSOCIATED PRESS

## Sexual desire. Do you need a 'responsive' partner?

It's widely considered the spark that ignites romance, but a team of researchers wanted to know exactly what heterosexual singles mean by saying they're seeking a partner who is responsive to their needs because, as results indicate, inconsistencies in expectations can shake things up.

Although men are more likely to become sexually attracted to a responsive woman, the question of responsiveness was less important to female participants during early dating.

"Sexual desire thrives on rising intimacy and being responsive is one of the best ways to instill this elusive sensation over time," says lead researcher Gurit Birnbaum of the team hailing from the Interdisciplinary Center (IDC) Herzliya, the University of Rochester and the University of Illinois at Urbana-Champaign.

"Our findings show that this does not necessarily hold true in an initial encounter, because a responsive potential partner may convey opposite meanings to different people." AFP

# Sun-dried tomatoes add a burst of flavour to boring old burgers

**Miniature Sun-dried Tomato Burgers with Goat Cheese.**
This dish proves that good things come in small packages

**ROSE REISMAN**
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This recipe serves four. ROSE REISMAN

There are endless possibilities for adding zest to your summer grilling when you make your own burgers. Sun-dried tomatoes, for example, give burgers a unique flavour.

I like to buy sun-dried tomatoes in bulk and keep them in the freezer. To rehydrate them, I either soak them in hot water for 15 minutes or cover them with water and microwave on high for one minute.

For a less carb-laden burger, skip the bun. Just make smaller burgers and garnish them with a dollop of goat cheese and chopped sun-dried tomatoes.

Feel free to substitute goat cheese for another cheese. Meat-wise, choose chicken, pork or turkey for the ground beef.

If you're using red meat, the key to keeping it healthy is to use lean ground beef.

Four ounces of lean ground beef has only 190 calories, seven grams of fat and three grams of saturated fat. Compare that to regular ground beef, which has over 300 calories, 20 grams of fat and eight grams of saturated fat for the same portion. That makes a huge difference in your daily eating habits!

## Directions

**1.** To make burgers: In bowl, combine all burger ingredients. Form into 8 smaller patties. On a grill sprayed with cooking spray, cook patties on one side over medium heat for 5 minutes. Turn and cook 3 to 5 minutes longer or until cooked through. (Alternatively, bake in preheated 450 F oven for 10 minutes or until cooked through, turning once.)

**2.** To make sauce: In a small bowl, mix sauce ingredients.

**3.** Place a slice of tomato on large serving plate. Place one burger on tomato and garnish with sauce and top with goat cheese and sun-dried tomatoes. Repeat with the remaining burgers.

### Ingredients

**Burgers**
- 1 lb extra lean ground beef
- 1/4 cup dry seasoned bread crumbs
- 1/4 cup chopped rehydrated sun-dried tomatoes
- 3 tbsp barbecue sauce or ketchup
- 1 egg
- 2 tsp minced garlic
- 1 tsp dried basil
- 1/2 tsp dried oregano

**Sauce**
- 3 tbsp barbecue sauce
- 2 tsp light mayonnaise

**Garnish**
- 3 tbsp crumbled goat cheese
- 1/4 cup finely diced sun-dried tomatoes
- 8 slices tomato

### Nutritional information

Per serving

- **Calories.** 280
- **Carbohydrates.** 8 g
- **Fibre.** 1.3 g
- **Protein.** 28 g
- **Total fat.** 15 g
- **Saturated fat.** 6 g
- **Cholesterol.** 140 mg
- **Sodium.** 450 mg

# Reinvent hummus with black olives

This recipe makes 1 1/2 cups. ROSE REISMAN

Homemade hummus and chips are the perfect pairing.

This hummus recipe is not only delicious and healthy, it's also a fantastic snack for summer.

Using black olives makes it a great twist on the traditional dip. You can also try green pitted olives.

Serve the hummus with homemade tortilla crackers. These are easily made by cutting two flour tortillas into 8 wedges each.

Place the cut tortillas on a baking sheet, spray them with vegetable oil and sprinkle with two tablespoons of grated Parmesan cheese, and salt and pepper.

Bake your homemade tortillas at 350 F for 10 to 12 minutes or just until crisp.

**1.** Add the chickpeas, tahini, water, oil, lemon juice, garlic and chili paste to the bowl of a food processor.

**2.** Purée the mixture until it is smooth. Add the olives and, combined and garnished with the basil.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

### Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini (sesame seed paste)
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp crushed garlic
- 1/2 tsp chili paste
- 1/3 cup finely diced black olives
- 2 tbsp chopped basil or parsley for garnish

# I'm happy to say my job brings me joy

**Canadians content with careers.** Most employees don't care about titles and promotions as much as bonuses and salary, Capital One survey finds

Employees of today value a workplace that makes them feel involved and important. ISTOCK

Most Canadian workers really like their jobs, and they're proud to say so.

According to a new Capital One survey, Canadians are very satisfied employees indeed — so much so that 69 per cent say they are not only proud to work for their current employer but enjoy telling people what they do for a living and would like to stick around for few years.

Recruiters take note, though: nearly three-quarters (72 per cent) of workers say that given the choice, they would stay with their current employer for at least two or three more years, reveals the report released Thursday.

The results refute the belief that Millennials, those aged 18 to 34, lack commitment and prefer frequent job-hopping, with two-thirds of younger Canadians saying they would be more than happy to stay put for the next three years, noted Jenny Winter, who heads human resources at Capital One.

"It's interesting and validating," said Winter, whose firm employs a substantial number of young workers.

"With the job market looking increasingly unstable and the high Baby Boomer population struggling with job security, Millennials are clearly looking for stability and have a strong desire to stay in their jobs," said Winter.

After being named one of the 50 best large workplaces in Canada this year by the Great Place to Work Institute, Capital One wanted to get a better sense of what Canadians value in an employer in order to attract and maintain top talent in the competitive financial services sector, Winter explained.

The survey of 1,500 people across the country found that titles are overrated. Only one in 10 people surveyed put a promotion at the top of their wish list, while regular bonuses and annual pay increases were number one with 37 per cent of respondents.

While compensation is a top priority for employees, the study found that more than half of Canadians (51 per cent) believe work/life balance is more important than money. Forty-four per cent cited flexible working hours and the ability to work remotely as one of the top three things employers can do to increase job satisfaction.

Personal and professional development were also revealed as motivators, with 41 per cent saying they prefer opportunities to take courses and attend conferences related to their professional development to increase job satisfaction.

Twenty-four per cent also said that mentoring from senior staff is most likely to keep them content at work.

TORSTAR NEWS SERVICE

**Ditching the desk**

- The top three things employers do to make workers consider quitting their job include bad workplace morale at 18 per cent, constantly increasing workload without financial reward at 17 per cent and not feeling appreciated at 13 per cent.

**Here to stay**

**"Millennials are clearly looking for stability and have a strong desire to stay in their jobs."**

**Jenny Winter**
Head of human resources at Capital One


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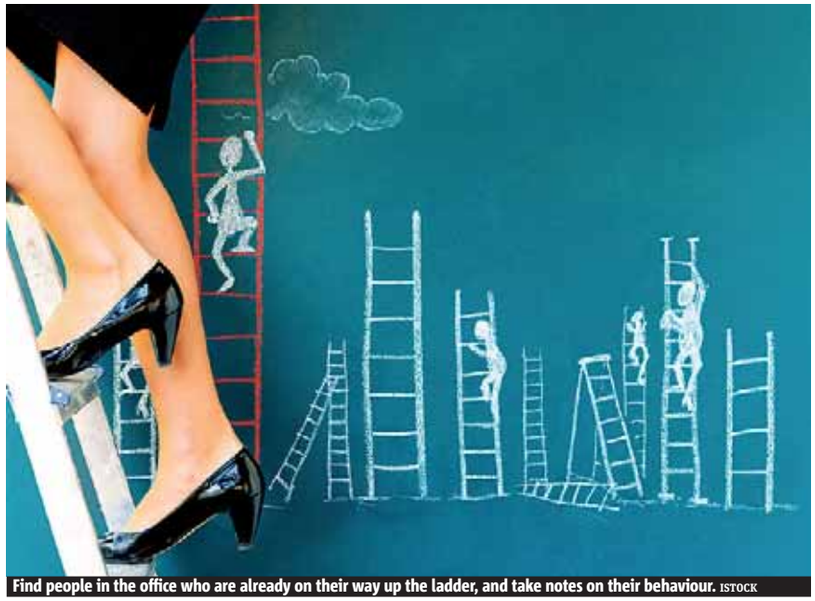
# Climbing up the corporate ladder

**Get ahead without bumping heads.**
Author, economist and entrepreneur Sylvia Ann Hewlett gives tips on getting to the top

LAKSHMI GANDHI
Metro World News


Find people in the office who are already on their way up the ladder, and take notes on their behaviour. ISTOCK

There are certain pieces of advice that almost every young entry-level worker gets used to hearing: Look professional at all times, speak confidently, be authoritative.

What's less clear is how a young worker can actually develop these skills.

In Sylvia Ann Hewlett's new book, Executive Presence: The Missing Link Between Merit and Success, the economist and founder of the Center for Talent Innovation guides readers through how they can appear more confident and successful in the workplace.

"If you are the most junior person on the team, you have to prove that you have the right to be there," Hewlett says.

Read on for some pointers from Hewlett for workers who are looking to learn how they can get ahead.

**Communication is key**
Regardless of what field you are in, the ability to present your thoughts clearly is essential. "It's learning how to be concise," she says. "Make sure that you are contributing something that is fresh and new."

**Watch your tone**
Your voice can give away a lack of experience or indicate anxiety.

"The clarity and pitch of your voice is important," she says. Hewlett recommends practising keeping your voice level and cutting down on "up talk," which is when speakers raise their voices at the end of a sentence.

**Practise, practise, practise**
The key to learning how to speak confidently is repetition, says Hewlett. A good idea is to record yourself speaking as you would at a team meeting. "You can get a friend and practise together," Hewlett says. "Practise how you can boil down your thoughts in a concise way."

**Don't look at your notes**
One of the keys to appearing knowledgeable is to be able to speak without relying on things like PowerPoint and notes. "I'm not saying never use notes," says Hewlett. "But use [PowerPoint] sparingly. Be prepared to make your points without reading them. Tell stories. Make eye contact."

**Be present**
Leave your smartphone behind when attending meetings to avoid the temptation of looking at it. "Team leaders hate it when people show up and seem distracted," she says. "To appear focused and to appear available is half the battle."

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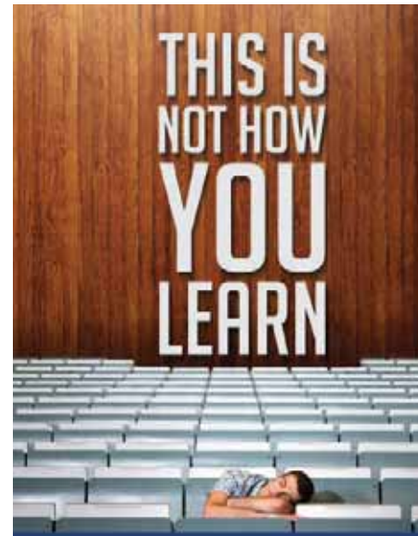

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Dioner Navarro of the Blue Jays drives in the game-winning run with a single against the Yankees on Sunday in New York. RICH SCHULTZ/GETTY IMAGES

# Jays conquer curse, win series in Bronx

**MLB.** Joey Bats resorts to using his legs to score game-winning run in rubber match

Jose Bautista decided it was time to take charge, not with his bat but with his feet.

The Toronto slugger stole second base without a throw with two outs in the ninth inning and scored when Dioner Navarro hit a go-ahead single, lifting the Blue Jays over the New York Yankees 5-4 Sunday for their first series win in the Bronx in nearly two years.

**On Sunday**

| Blue Jays | Yankees |
|---|---|
| 5 | 4 |

"I just took a chance and said, 'I'm going to try and take a hop step when he comes set, and if he doesn't fake, I'm going to run,'" said Bautista, who chose to run on his own against David Robertson. "He went to the plate, and I had the easiest stolen base. I got in scoring position early in the at-bat for Dioner."

Robertson (1-3) blamed himself for letting Bautista run just ahead of Navarro's liner to centre field. "I just let him slip. I didn't think he'd be going," Robertson said. "I just didn't have my sharp stuff."

After snapping a 17-game skid at Yankee Stadium on Saturday, Toronto did not relent in the humidity even when it wasted three leads.

The Blue Jays won for the seventh time in 10 games following the all-star break — the same record as the Yankees. But their first series win in New York against the AL East rival since Aug. 27-29, 2012, sent Toronto to Boston with a one-game lead over the Yankees for the second AL wild card.

"Within our team, it's more of a statement that we won't accept losing to anybody, because we are known as a team that doesn't give up and always battles and tries to come back from any game that we're in," Bautista said. THE ASSOCIATED PRESS

**Tour de France**

## 'Flag-bearer of anti-doping' crowned champ

Vincenzo Nibali won the Tour de France on Sunday, becoming the first Italian in 16 years to triumph in cycling's greatest race by chiselling a lead over his main rivals a few seconds at a time and dominating them in the mountains.

The 29-year-old Sicilian, who during the race called himself "a flag-bearer of anti-doping," finished in a bunch behind Marcel Kittel, who won the 21st stage in a sprint finish.

Astana team leader Nibali is only the sixth rider to win all three Grand Tours — France, Italy and Spain.

Nibali won four stages — a feat not equalled by a Tour winner since Lance Armstrong won five a decade ago. The Italian wore the yellow jersey for all but two stages since Stage 1. THE ASSOCIATED PRESS

**Commonwealth Games**

## Canada earns pair of bronze medals

Canada picked up a bronze in the pool and another on the cycling track on Sunday at the Commonwealth Games.

Victoria's Hilary Caldwell finished third in the women's 200-metre backstroke, while Quebec City's Remi Pelletier-Roy did the same in the men's 20-kilometre scratch race.

That brings Canada's overall medal haul at the Games to 18 — seven gold, three silver and eight bronze. THE CANADIAN PRESS

Tim Clark, right, is congratulated by Jim Furyk for winning the Canadian Open golf championship on Sunday at Royal Montreal Golf Club. PAUL CHIASSON/THE CANADIAN PRESS

# Furyk can't shake off Clark

When Jim Furyk's charge to a third RBC Canadian Open title stalled in the final round, Tim Clark decided to go for it.

The 38-year-old South African, whose wife is Canadian, fired five birdies on the back nine to overtake Furyk on the 15th hole and hold on to win the tournament at Royal Montreal on Sunday.

Clark shot a 5-under-par 65 to finish at 17-under-par 263 and claim his second career PGA Tour victory and the $1.026-million US winner's prize.

"It looked like Jim wasn't going to make any mistakes," said Clark, who had moved into contention with a 64 on Saturday. "He was pretty solid, so I knew I had to make birdies.

"At that point, there was nothing to lose. Suddenly I got hot and I went with it."

It was another frustrating defeat for Furyk, who has now lost seven tournaments in a row in which he led after 54 holes.

He went into the final round with a three-stroke cushion but never found traction. He shot 69 to come second at 16-under 264.

Graham DeLaet, from Weyburn, Sask., was the top Canadian, finishing at 10-under 270. THE CANADIAN PRESS

**AUGMENTED REALITY**

→ Scan the image with the Metro News app for a gallery of Sunday's final round of the Canadian Open.

metro AR

→ See the full instructions on Metro's Voices page.

# Injuries, suspensions take their toll on TFC

**Outlook still positive.**
Nelsen scratching his head to keep up with TFC's best season ever

As Toronto FC prepares for a challenging four-game road trip, manager Ryan Nelsen and his brain trust face some troubling questions.

Make no mistake, the big picture remains positive. Toronto (7-6-5) is headed for its best ever season and first trip to the playoffs. The roster and team culture have been smartly remade.

But injuries and suspensions have made it difficult to find the right mix of pieces to complete the puzzle.

And mentally, Toronto has yet to show that it can kill off a game on a regular basis when it has its foot on the other team's neck.

Jermain Defoe in the friendly against Tottenham Hotspur in Toronto last week. The striker returns against DC United on Wednesday. DARREN CALABRESE/THE CANADIAN PRESS

The officiating stole many of the headlines in Saturday's 2-1 loss to Sporting Kansas City, but the inability to finish and some sloppy defending cost Toronto more than the decision-making of referee Ted Unkel.

"Two very soft goals and we haven't got our balance right yet in that midfield," said Nelsen. "Maybe (we were) missing a couple of key players, but our balance wasn't right on the two goals. We were spectators. In a time when we had to be urgent and our intensity had to be focused, we just hoped somebody would do their job and that was unfortunate."

Sadly, soft goals have been a common theme of late, with the backline losing its shape and getting punished.

Toronto was missing star striker Jermain Defoe (suspension), captain and centre back Steven Caldwell and right back Mark Bloom (knee) against the MLS champions.

Defoe will be back when Toronto kicks off its road trip against D.C. United (10-5-4) but Toronto will be without centre back Doneil Henry on Wednesday due to accumulation of yellow cards.

Toronto then plays at Montreal, Columbus and Kansas City. THE CANADIAN PRESS

EPL

## Liverpool signs Croatia's Lovren and two others

Liverpool has made defender Dejan Lovren its third signing from Southampton in the summer transfer window.

The Croatia international follows midfielder Adam Lallana and Rickie Lambert into Anfield. THE ASSOCIATED PRESS

F1

## Ricciardo wins his second in thrilling Hungarian GP

Daniel Ricciardo of Red Bull overtook Ferrari's Fernando Alonso near the end of the race to win a thrilling Hungarian Grand Prix on Sunday for his second Formula One victory of the season and his career. Lewis Hamilton was third.
THE ASSOCIATED PRESS

NBA

## Lakers say Byron Scott not yet their new coach

The Los Angeles Lakers have waited nearly three months to hire a new coach, and they're apparently making Byron Scott wait a few more days.

Scott said this weekend he's got the job, but the club says no deal has been reached.
THE ASSOCIATED PRESS

NBA

## LeBron to wear No. 23 in return to Cleveland

LeBron James announced he will go back to wearing jersey No. 23 in his return to Cleveland over Twitter.

He wore No. 6 in four seasons with Miami and the U.S. Olympic team. He used No. 23 in high school and seven seasons in Cleveland.
THE ASSOCIATED PRESS


# Building a Better Transit System

### Improvements to Spadina/Dundas Intersection and Spadina Station Streetcar Platform

As part of the TTC's ongoing commitment to build a better transit system for Toronto, the Spadina and Dundas intersection is currently undergoing track and infrastructure upgrades. In preparation for the new low-floor, accessible streetcars which will begin service on the 510 Spadina route August 31, the streetcar platform at Spadina Station is also being upgraded. The TTC and City of Toronto encourage you to continue to support local shops, restaurants and businesses which will remain open during construction.

**What will this mean for TTC Customers?**

- 510 Spadina streetcars will be replaced by buses and will split into two routes, north and south of Dundas Street West
- Spadina Station streetcar platform will be closed for upgrades to improve accessibility for the launch of the new streetcars
- 505 Dundas streetcars are diverting around the intersection in both directions
- Expect longer than normal travel times

**July 28 to August 11 (6 a.m.)***

**Full intersection closure:**
**510 Spadina buses split into two routes**

1. Spadina Station to Baldwin St.
2. Sullivan St. to Queens Quay
   (customers must take transfer and walk between Baldwin and Sullivan Streets)

**505 Dundas streetcar diverting**
(no service for stops on Dundas St. between Bathurst and McCaul Streets)

**August 11 (after 6 a.m.) to August 30***

**510 Spadina buses and 505 Dundas streetcar back to regular routing**

*timeline subject to change

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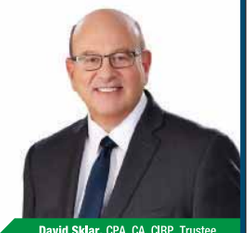
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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Yes, your life is in a bit of a rut but you're not the sort to sit there and cry about it. Over the next few days you will get the chance to make some major changes, so start thinking now.

### ♉ Taurus
**April 21 - May 21**
Today's cosmic activity means you will need to spell everything out in simple language. If you leave even the smallest room for doubt then lines will get crossed.

### ♊ Gemini
**May 22 - June 21**
There is no point trying to make sense of what's going on. The more you try to analyze the situation the more complicated it will look, so leave well alone.

### ♋ Cancer
**June 22 - July 23**
If you don't make an effort to slow down, you could end up crashing into an obstacle that has no give at all. Even a Cancerian needs to accept that they are not immune to failure.

### ♌ Leo
**July 24 - Aug. 23**
Treat people fairly this week, even if they don't deserve it. Just because they have broken the rules does not mean you must do likewise.

### ♍ Virgo
**Aug. 24 - Sept. 23**
What you are being offered may seem generous but is it really that good? The planets indicate that you should actually hold out for more.

### ♎ Libra
**Sept. 24 - Oct. 23**
If what you are working on refuses to conform to your expectations maybe you should draw a line under it and go back to basics. Also, accept that it doesn't help in any way to set such difficult targets.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Stop worrying what others might think about you. You are who you are for a good cosmic reason. No one has a right to suggest you be something else.

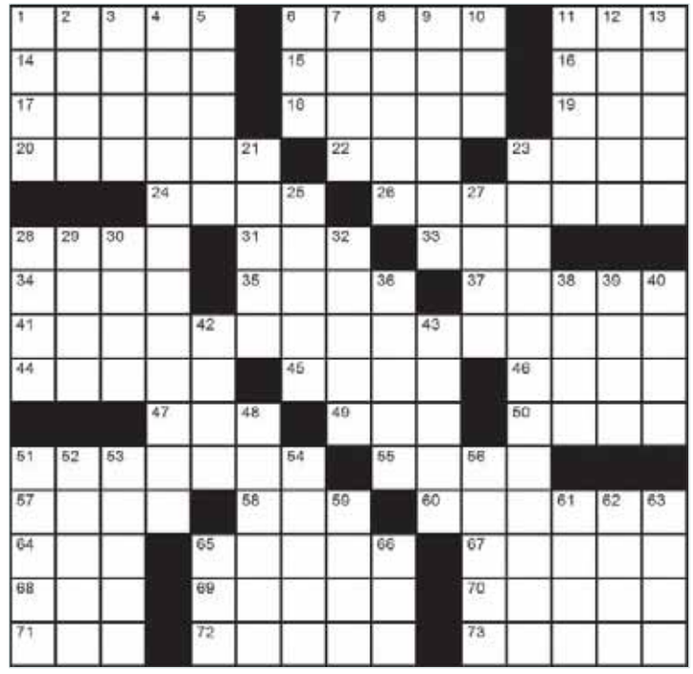
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Don't just go by what others tell you. Get out into the world and experience it for yourself. You may discover that a lot of what you were told was nonsense.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
What you hear today may not thrill you, but neither is as bad as some people are trying to make out, so don't overreact. A negative thought can easily become self-fulfilling prophecy.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Yes, you are still heading in the right direction. No, your life does not need a major rethink. Focus on putting one foot in front of the other this week and you'll move closer to your goal.

### ♓ Pisces
**Feb. 20 - March 20**
Career issues seem to be taking up a lot of your energy but you know from past experience it will all come right in the end.

## Crossword: Canada Across and Down by Kelly Ann Buchanan



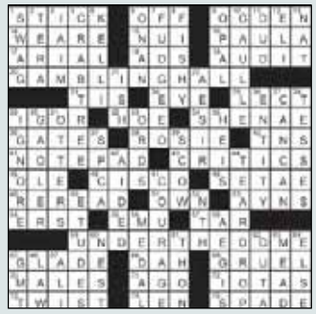
**Across**

1. Capt. Kirk colleague
6. 'Ds' of CDs, variantly
11. II
14. React to trying icky-tasting food: 2 wds.
15. Fancy neckwear
16. Dadaist Jean
17. New Orleans-set HBO series
18. "__ Harry" (1971)
19. Blind Melon costume
20. Felt
22. Litigate
23. Rime
24. Keats tributes
26. __ Bubble Gum
28. Someone from Helsinki's country
31. Central
33. Mr. Neill
34. From the start again
35. Margarine
37. Jared __ (Ben Chartier's portrayer on Bravo police drama "19-2")
41. QOR: Reserve regiment of Canada, founded 1860 (See #65-Across for more): 3 wds.
44. Flare
45. __ _ date
46. Treadmills music video band: 2 wds.
47. Authorize
49. Tibetan ox
50. Actor Stephen's
51. Sparkly stuff
55. "Shoop" by Salt-n-__
57. One-of-some for mascara
58. Picture-taker, briefly
60. Green __ (Dragonfly found in Canada)
64. Rosemary Clooney's "Come __-_ My House"
65. Colonel-in-__ (What Prince Charles' wife Camilla is for #41-Across)
67. Writer Charles' bookish surname
68. Lamb's laugh
69. Cringe
70. Debated dispute
71. As written
72. Like net-work
73. Pile

**Down**

1. Drill instructors [abbr.]
2. Canadian actress Jessica
3. Moulding style
4. Glasgow, Scotland: Team Canada is currently partaking in The __ Games
5. Weak-__
6. Sitcom, "Major __"
7. Egyptian Myth: Daughter of Geb
8. Tidy thoroughly
9. Elias __, Montreal-born actor
10. Swine spot
11. Verboten
12. __ havoc
13. Marx Brothers movie, "A Night at the __" (1935)
21. Band's audition tapes
23. Spirit of the West song that begins "You'll have to excuse me...": 4 wds.
25. Fodder holders
27. "Draw the Line" Canadian songstress Ms. Ibrahim
28. Helpful website sections, commonly
29. __ __ to one's ears
30. Portraitist, Alice __
32. Disney duck
36. Available for pouring: 2 wds.
38. Ms. Sommer
39. Sonic the Hedgehog company
40. Bears: Spanish
42. Nikita's negative
43. Did some gardening
48. Electronics whiz
51. Dollops
52. Hawaiian island
53. Hanson member
54. Pours
56. Joni Mitchell's "Free Man in __"
59. __. Engr.
61. Moon-landing org.
62. Schooling [abbr.]
63. Stench
65. Valley, in Wales
66. Comic actress Tina

### Friday's Crossword



### Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 5 | 8 | 1 | | | |
| | | | 3 | | | | | 6 |
| | 5 | | | | | | | 9 |
| 9 | | | | | | | 6 | 4 |
| | 2 | 3 | 1 | | 4 | 9 | 5 | |
| 4 | 6 | | | | | | | 3 |
| 6 | | | | | | | 8 | |
| 5 | | | | | 7 | | | |
| | | | 9 | 1 | 6 | | 2 | |

### Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 3 | 8 | 6 | 2 | 9 | 7 | 1 |
| 9 | 6 | 2 | 5 | 7 | 1 | 4 | 3 | 8 |
| 7 | 8 | 1 | 9 | 4 | 3 | 6 | 2 | 5 |
| 4 | 3 | 9 | 7 | 2 | 8 | 5 | 1 | 6 |
| 2 | 7 | 6 | 1 | 5 | 4 | 3 | 8 | 9 |
| 1 | 5 | 8 | 3 | 9 | 6 | 7 | 4 | 2 |
| 6 | 1 | 5 | 2 | 3 | 7 | 8 | 9 | 4 |
| 8 | 9 | 7 | 4 | 1 | 5 | 2 | 6 | 3 |
| 3 | 2 | 4 | 6 | 8 | 9 | 1 | 5 | 7 |

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